

OFFICE HOURS

9:30 am to 3:30 PM
Monday—Friday

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.com
Like us on Facebook

Monthly Newsletter July 2016

Center is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

DAILY ACTIVITIES

- MONDAY:** **Yoga: By appointment***
Quilting and knitting **
9:30 AM to 3 PM
Light Exercise 10 AM to 11 AM*
Mahjong 12:30 PM to 3:00 PM**
Fabric Art –Monday**11 AM to 3 PM
- TUESDAY:** Line Dancing 10 AM-11:30AM**
Bridge 11:30 AM to 3:30 PM**
Ballroom Dancing 7 to 9 PM
Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM*
Cribbage 10:00 AM to 12 PM **
Light Exercise from 10 to 11 AM*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30 PM–8:30 PM
- THURSDAY: MEMBERSHIP LUNCHEON**
2nd Thursday of each month
Lunch served at 12:00 PM
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
1st & 3rd Thursday
Computer Class 1:00 to 3:00 PM**
1st & 3rd Thursday
Knitting, 1:00 to 3:00 PM**
1st & 3rd Thursday
AOA - Discussion Group 2:30-3:30
Ping Pong, 2:00 to 3:30 PM*
1st, 3rd & 4th Thursday
- FRIDAY:** Yoga 8:45 to 9:45 AM*
Exercise 10 to 11 AM*
Bridge I - 11:00 AM to 3:30 PM **
Bridge for Beginners 11:30 to 3PM**

* Fee \$1.00 (\$2.00 for non-members)

** Fee \$2.00 (\$4.00 for non-members)

There is a donation of \$1.00 to the Wednesday line dance instructor



Happy Independence Day. Our appreciation goes out to all of our veterans and current military personnel who make our freedoms possible, and continue to protect our country every day, both here and around the world.

Thank you to the Friday Bridge group for their generous donation to ASI in honor of Howard Jones for his helpfulness, kindness and a speedy recovery.

We also wish Howard a speedy recovery, and look forward to seeing his smiling face back in the office on Friday afternoons.

Active Seniors does not take in enough money from membership dues and fees for activities to keep us operating in the black. We want to keep our rates low because we want everyone to be able to enjoy participation in all of the activities and social events that take place on a daily basis. We depend on donations and bequests. These are what keep us going. We are a nonprofit corporation and all donations are tax deductible. If we have enhanced your life with fun activities and pleasant social times, please consider a bequest to ASI in your will.

This month's lunch will be truly Americana, barbecued hamburgers, potato salad, beans, and apple pie ala-mode. Please sign up in the office, call in or email before Monday, July 11, 2016. This month's program will be on the many services the Veterans Transition Center offers. The presenter is Col. Terry Bare, executive director of the center. Read his distinguished bio on the last page.



Karen

TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2016 & 2017 Tours

JULY 9, 2016 GIANTS GAME Playing the Arizona Diamondbacks, 9:30 AM leave Kohl's parking lot, be there 15 minutes early. Lower box seats, section 128. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$135 per person. 1st 20,000 fans receive Giants Player T-Shirt.

AUGUST 20, 2016 GIANTS GAME Playing the New York Mets, 9:30 AM leave Kohl's parking lot, be there 15 minutes early. Club Level Section 230. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$180 per person. 1st 40,000 fans receive Virgin America 2 for 1 flight voucher.

AUGUST 25, 2016, THURSDAY - TOUR OF THE BIG SUR COAST We have one of the most beautiful drives in the world on our own Big Sur Coast! Hear the history of the settling of the coast, building of the highway, and stories of many of the people that made this beautiful area their home. Go out on the paddle wheeler Chablis, at Morro Bay for a 2 - hour ride, having lunch and hearing about the history of the bay. Waiting list only! \$83 per person.

SEPTEMBER 15, 2016, THURSDAY - FALL HORSE RACES Enjoy a lunch, play a hunch, win a bunch...we hope! This is an activity always enjoyed by those that attend regardless whether or not you like to bet on the horses. It's just fun—and a very good lunch!! \$79/person

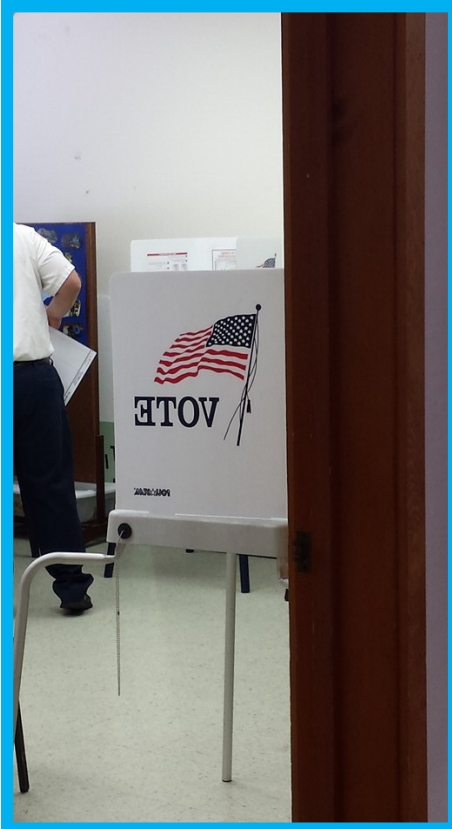
OCTOBER 1, 2016 GIANTS GAME Playing the Los Angeles Dodgers, 9:30 AM bus leaves Kohl's parking lot, be there 15 minutes early. Lower box section 128. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$170 per person. First 20,000 fans receive a Star Wars T-shirt.

OCTOBER 7 - 12, 2016 - ALBUQUERQUE BALLOON FESTIVAL Highlights include the Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science and National Museum of History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe and Santa Fe School of Cooking. From \$2,359 per person.

OCTOBER 8, 2016, SATURDAY, FLEET WEEK IN SAN FRANCISCO This fun day includes: 2 hour yacht cruise, lavish lunch buffet, free flowing sparkling wine- orange juice- soda- coffee- tea, DJ entertainment, complimentary keepsake boarding photo. \$130/person.

NOVEMBER 26—DECEMBER 9, 2016 PASSAGE TO POLYNESIA Fall in love with the rhythm of the sea and the beauty of the South Pacific with its white sand beaches, cool palm breezes and crystal clear turquoise waters. Walk in the footsteps of legendaries: Herman Melville, Paul Gauguin and Captain Cook. Bali Hai is calling. Relax on board the Six-star elegance of Crystal Symphony as you cruise from San Diego to Papeete. Early booking gets the best deal.

AUGUST 19 - 26, 2017 - THE GREAT OREGON SOLAR ECLIPSE Here's a 'bucket list' experience of a total solar eclipse plus a cruise on the Columbia River through the Gorge, one of the most beautiful of river cruises. The variety of things you will experience are the Bonneville Dam, Multnomah Falls, Nez Perce history plus Lewis and Clark history, a speedboat trip through the Snake River where you'll see a 7000-year-old petroglyph, Hanford Interpretive Center, Maryhill Museum, Fort Clatsop and more. The highlight will be the day of the eclipse - hear and learn from astronomers. This is a smaller boat and because it is an eclipse trip, it will sell out quickly. All drinks and excursions are included. We will have a historian on board telling us all about what we are seeing including a lot of what Lewis and Clark journaled about. We will also have Michelle Thaller, astronomer, on the cruise with us. You can see her on the science channel on the program "Universe". She will explain (in laymens language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is already 85% sold out so early reservations are encouraged. From \$3,395.



On Tuesday, June 7, 2016 ten of our members worked the election precinct hosted in our facility. We did this as a fundraiser for ASI. Thank you Bob & Yolande Whitlock, Mary Marvel, Carole Wild, Robert Pettit, Arduth Seever, Donna Grossen, Sharon Piazza, Sylvia Teixeira and Karen Towle for a wonderful job. What a positive, cheerful group of people to work with!



Our very own Vice President, Robert Pettit, is now a “Rock Star”! He was chosen to sing with the actress playing “Diana Ross” in “Motown the Musical”. The lady in the picture with him was also chosen to sing with her. Active Seniors attended this play on Sunday, June 26, 2016. If you didn’t go, you missed a wonderful time of fun, frivolity and oldies music. Believe me, the music was so great you couldn’t sit still.



ACTIVE SENIORS, INC.
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Salinas CA 93901



Thank you T & A

For mailing these!



U.S. AIR FORCE

Our Speaker for July 14, 2016 Colonel William “Terry” Bare

Colonel Terry Bare retired from the Air Force in August of 2012. He served primarily in the intelligence field. He has served in Omaha, Nebraska, South Korea, Washington, DC, and Norfolk, Virginia.

He has been the Military Aide to Director, Defense Intelligence Agency; Military Legislative Aide to Senator Sam Brownback; Portuguese language student, DLI, Presidio of Monterey; Political Advisor to the Commander, US Force Azores; Squadron Commander, Hickam Air Force Base, Hawaii; Student, NATO Defense College, Rome, Italy; Director of Intelligence, Ramstein Air Base, Germany (NATO); Air Force Group Commander & Assistant Commandant; Presidio of Monterey; Director, Legislative Affairs, US Cyber Command; Washington, DC.

He is currently: Executive Director of Veterans Transition Center (VTC) in Marina, California; president, Air Force Association, Monterey Chapter 112; executive member, United Veterans Council of Monterey County; and board member, Spector Dance in Marina.



Don't miss this interesting and informative program.